

MONTHLY

UC SAFETY SPOTLIGHT

Poster of the Month

Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

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TIPS FOR GETTING *a Good Night's Sleep*



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If you are having trouble sleeping, you're not alone. About 30% of adults have trouble sleeping and chronic sleep deprivation can affect your health, safety, alertness and work performance. Most adults need 7-9 hours of sleep each day to function their best. Here are some tips to help you get a good night's sleep.



Exercise regularly

Maintaining an active lifestyle through exercise promotes better rest, although it is typically best to limit vigorous exercise too close to your bedtime.



Go to bed and wake up at the same time each day

A predictable schedule sets your body's "internal clock" to expect sleep at the same time every night. Get into a routine of going to bed and waking up at the same time every day.



Create a bedtime routine

Ease the transition into bedtime with relaxing evening activities, such as reading, taking a bath and practicing deep breathing. Use deep breathing if you need help getting back to sleep in the middle of the night.



Limit electronics at bedtime

At least one hour prior to bedtime, limit use of TV, cell phones, tablets, or other electronics to reduce exposure to the "blue light," which can activate the brain.



Limit food and drinks that may keep you awake

Limit caffeine, alcohol and nicotine close to bedtime. Caffeine can disrupt sleep up to 12 hours after consumption, so avoid consuming caffeine after 2 pm (at the latest) and replace with water, herbal tea or decaffeinated beverages.



Cool down your room

It's easier to sleep in a cooler environment than a warm one. The ideal room temperature for sleeping is 65° F or lower. Check your sheets and pajamas to avoid synthetic fabrics that can trap heat.



Focus on one task at a time

Many of us can overstimulate our brains during the day by constantly interrupting tasks to check our phones, emails or social media. Instead, set aside specific times for these tasks and focus on one task at a time. This practice can help your brain relax and unwind at night.



Create a routine for daytime sleeping when working nights

If you work evening shifts, make sleep a priority during the day. Try to make your sleeping space dark and avoid letting in sunlight, as light signals the brain that it is time to wake up.



Talk to your doctor

If you consistently have trouble sleeping, talk to your doctor who may recommend other techniques, sleep medication, or refer you to a specialist for further evaluation